

# Concussion Awareness, Response, and Management



A significant impact or motion to the head or body that can cause the brain to move inside the skull

**STOP**

**REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS**

## RED FLAGS

- |                         |  |   |
|-------------------------|--|---|
| Neck pain or tenderness | Weakness or tingling/burning in arms or legs | Deteriorating conscious state                 |
| Double vision           | Severe or increasing headache                | Vomiting                                      |
| Seizure or convulsion   | Loss of consciousness                        | Increasingly restless, agitated, or combative |

**IF YES TO ANY OF THE ABOVE:**  
Call an ambulance or seek immediate medical care

**IF NO TO ALL RED FLAGS:**  
Assess for signs and symptoms of concussion

## FOLLOW MEDICAL ADVICE, AND:

Follow initial period of relative rest (i.e., activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated) for a maximum of 24-48 hours post-injury.

Engage in light physical and cognitive activity that does not result in more than mild and brief\* exacerbation (worsening) of concussion symptoms.

- Limit screen time for the first 24-48 hours (smartphones, computers, TV)
- Engage in light cognitive activities (e.g. reading)
- Engage in light physical activity (e.g. walking)

**Note:** Sleep is important! Do not wake during the night if sleeping comfortably

\*Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale. "Brief" exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

## CONCUSSION SIGNS AND SYMPTOMS

- |  |   |
|--|---|
| <input type="checkbox"/> Headache                | <input type="checkbox"/> Irritability             |
| <input type="checkbox"/> Dizziness               | <input type="checkbox"/> Fogginess                |
| <input type="checkbox"/> Nausea                  | <input type="checkbox"/> Fatigue                  |
| <input type="checkbox"/> Blurred vision          | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Light/Sound sensitivity | <input type="checkbox"/> Poor memory              |
| <input type="checkbox"/> Imbalance               | <input type="checkbox"/> Neck pain                |
| <input type="checkbox"/> Ringing in the ears     | <input type="checkbox"/> Sadness                  |
| <input type="checkbox"/> Seeing "stars"          | <input type="checkbox"/> Confusion                |

**IF YES TO ANY OF THE ABOVE:**  
SEEK MEDICAL ATTENTION from a doctor, nurse practitioner, or licensed healthcare professional with relevant training

**IF NO SYMPTOMS:**  
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

**IF SYMPTOMS OBSERVED WITHIN 48 HOURS**

**IF NO SYMPTOMS OBSERVED AFTER 48 HOURS**

## AFTER 48 HOURS:

- Follow Return to Work strategy
- Follow Return to Activity strategy
- Follow Return to School strategy
- Follow Return to Sport strategy

## MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- |   |   |
|---|---|
| <input type="checkbox"/> More emotional | <input type="checkbox"/> Nervousness or anxiousness |
| <input type="checkbox"/> Irritability   | <input type="checkbox"/> Trouble falling asleep     |
| <input type="checkbox"/> Sadness        | <input type="checkbox"/> Depression                 |

**RESUME NORMAL ACTIVITY**

For more information on concussions, visit [cattonline.com](http://cattonline.com).